



# Senior Talk & Tell

## Happy New Year!

### Activities Calendar

- 1 *Closed for Holiday*
- 2 *Foot Clinic by appt, call 541-524-7688*
- 15 *Mealsite Comm., 11am Advisory Council, 1pm*
- 21 *Closed for Martin Luther King, Jr Day*

### Thought For The Day:

“You know you’re getting old when you stoop to tie your shoelaces and wonder what else you could do while you’re down there.” ~~~George Burns

### Weekly Activities

- **Mondays**  
Stretch & Flex, 9am  
Tai Ji for balance 10a  
Dupl. Bridge, 1:30pm  
Line Dancing, 1pm
- **Tuesdays**  
Blood Pressure Checks, 11-12  
Bingo, 1pm
- **Wednesdays**  
Music/Dancing, 11a  
Line Dancing, 1pm
- **Thursdays**  
Stretch & Flex, 9am  
Bingo, 1:00 pm
- **Fridays**  
Party Bridge, 1pm  
Line Dancing, 1pm  
Pinochle Nite, 6:30pm

### **City of Baker Service**

The City of Baker has a program for seniors who are unable to shovel their driveways out after the city plows have been by. To get a stake placed by your driveway, so the plows clear your driveway entry, contact the City of Baker at 523-6541

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**A Christmas Story**

Warren was homeless for 14 years prior to enrolling in our Veterans program. Housing had been an issue due to his companion, a Rooster, named Harvey. The day staff met with Warren, we had just showed another Veteran client an apartment, which he had turned down. We contacted the property owner who was fine with Warren and Harvey sharing the apartment. Warren and Harvey moved into their new home that night. Heart ‘n Home arranged for the donation of a completely decorated Christmas Tree provided by Settler’s Park. The Salvation Army provided a Christmas food box for Warren and Harvey, complete with a whole turkey, which Harvey did not find amusing...

### **Eating Nutritionally: Say “NO” to eating alone.**

Eating with others can be as important as adding vitamins to your diet. A social atmosphere stimulates your mind and helps you enjoy meals. When you enjoy mealtimes, you’re more likely to eat better. If you live alone, eating with company will take some strategizing, but the effort will pay off.

**Make a date** to share lunch or dinners with children, grandchildren, nieces, nephews, friends, and neighbors on a

rotating basis.

**Join in** by taking a class, volunteering, or going on an outing, all of which can lead to new friendships and dining buddies.

**Adult day care centers** provide both companionship and nutritious meals for older adults who are isolated and lonely, or unable to prepare their own meals.

### ***VOLUNTEERS NEEDED***

We are looking for 2 Serving Groups

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### **Community Connection of Northeast Oregon is Celebrating its 50th Year Anniversary January 9, 2019**

A Community Celebration Reception will be held at the Baker Senior Center on January 29, 2019 from 1:00pm – 4:00pm. All are welcome to come by and celebrate.

### ***Entrée Sponsors for 2019***

First, we want to thank everyone for their generous support during our 2018 Entrée program year. We had 141 meals sponsored in Baker, and 34 sponsored meals in Newbridge! Our goal was met and exceeded, thanks to you.

**Now is the time to consider sponsoring a meal in 2019.** You can submit your sponsor form now and donate at a later time, so reserve your date early. Thanks!

